

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



15 reps / 2-3 sets / 1 minute rest

1. Overhead press

- In sitting or standing hold a weight at shoulder height with your palm facing forward.
- Press the weight above your head until your elbow is straight.
- Lower your arm down in a controlled manner.
- You may use household items if you do not own any weights.



15 reps / 2-3 sets / 1 minute rest

2. Standing single arm press up

- Stand approximately one small step away from the wall.
- Place one hand chest high on the wall so that your elbow is slightly bent.
- Bend your elbow to take your head and shoulders closer to the wall.
- Push against the wall to return to starting position.



15 reps / 2- 3 sets / 1 minute rest

3. Drop and catch (scaption)

- Stand and hold a small weight out at shoulder height over a soft surface.
- Try not to lift straight out in front of you or out to the side, instead go in between these positions as shown in the picture.
- Drop the weight and immediately catch it with the same hand.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.